

WHAT IS CLAIMED IS:

1. A device for insertion between two boney structures for maintaining spacing and facilitating bone fusion comprising:
 - an elongated body having an outer surface extending along a longitudinal axis between a distal end and a proximal end;
 - a helical thread pattern formed around at least a portion of said elongated body and defining a forward insertion rotation direction and a backward unscrewing rotation direction; and
 - means for impaling adjacent bone structures to resist backward rotation of said elongated body once it is inserted into bone.